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FRESH FINALES
WINNERS
RECIPE CONTEST

Going Green

For taste and nutrition,
leafy greens can't be beat
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SWEET ENDINGS

Meet the winning customers and
associates from our recipe contest

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Flash in the Pan

Our skillet dinners
are simply delicious
page 34

MARCH/APRIL 2008
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Hannaford Fresh is a certified organic grocer.



Summer's special and the holidays are great, but we're pretty sure there's one more wonderful time of the year — when we get to reveal our Hannaford Fresh Values. We had so much fun with last year's launch, we decided to make an annual gig of it. This time out we asked for your favorite dessert recipes, made with at least one Hannaford brand product. Clearly dessert holds a place near and dear to your hearts — we received fantastic entries and lots of them. We promptly dug into the difficult task of testing and tasting your recipes, as well as recipes from some of our very talented associates. Hard work, so to speak, but we wouldn't have it any other way. And we don't think we're giving anything away here when we say there's a mysterious chocolate with chocolate cookies crypt on your list.

To help balance out your culinary karma, we continue our quest to make eating well both nutritious and delicious. Take a moment to leaf through our rule to make spring greens and discover just how perfect your garden should be. When you stock in your cupboard also give a long way toward keeping your meals light and satisfying. That touch "important" explains "Enlightened Meat Dishes" with the focus squarely on our Taste of Inspiration™ lean meats and poultry, season, season, open ribs and more. And what to do when you need to reduce your sodium intake? "Shaking Off Sodium" contains sources of high dietary sodium (processed foods, we're looking at you!) and dishes up some alternatives — made from scratch, it's over your shoulder of course.

You may have noticed that we've particularly proud of our Guiding Star® program — a wonderful way to help you navigate our natural choices on your neighborhood Hannaford grocery shelf. In this season "Take the Leap," Guiding Starboard member Carrie Chifford talks about her role as Hannaford's Healthy Living Manager of Consumer Education, Guiding Stars on the Web, and her vegetarian child.

We round out this issue with a family afternoon treat, passed on down home — certified all by themselves, paired with a fine blue cheese, or served with any of the winning recipes mentioned above. Of course, we've never subscribed to the theory that we should never diet, not the least, to quote Executive Chef: "Life is a journey. Eat dessert first." See you soon here.

Ron Moore

RON MOORE

President & CEO

Hannaford Supermarkets

I just wanted to let you know that I love your recipes. I made a potpie the other night using your Peppercorn Cream Cheese Grouper and it absolutely lived in it! I've told everyone in my family how great it is and copied the recipe for them. Thank you for posting out such a high quality magazine and for featuring such great recipes. Keep up the great work!

JESSICA MARSH
Woodstock, VT, U.S.

I sleep on the *Humuslanded* in Laguna Hills, CA. The first time I ate fresh I expected it to be just like other supermarket magazines — long articles and coupons — but above, no good recipes. I was mistaken. The recipes are fantastic!

I've made all the potpies from the last six issues, and there isn't a dudder in the bunch. This morning I was trying to clean up after a meal, and I took two minutes of fresh thinking I'd run out the recipes I wanted to save and throw out the magazines. I decided there was something wrong — those magazines are recipes.

Thank you for giving me a little something extra to look forward to every other month!

ANDREA C. DONOHO
Poughkeepsie, NY, U.S.

Ed: It's wonderful to hear that you enjoyed our tips, recipes and are saving them for use. We welcome all reader comments — knowing what you like can help us create more great recipes and recipes. Many thanks from past issues are available on www.humusland.com.

We'd Love to Hear from You!

Please send your comments, suggestions, and culinary musings to Feedback@Humusland.com or direct responses to PO Box 1000, Portland, ME 04104. Be sure to include your name, address, and daytime phone number. Letters may be edited for length and clarity. It's important you maintain strict confidentiality. www.humusland.com and click on the Contact Us icon at the top of the page. (For direct feedback, call 800.252.8194x440.)

I have many issues of fresh and have used several recipes from them. The pictures are beautiful and I have found the recipes to be reliable.

One of my suggestions is that you include a reader of the recipes by name and category. The title of course is a nice gesture and is helpful when I go back through past issues trying to find particular recipes.

My other suggestion is to prominently show the date line each issue on the cover because I keep the magazines on a bookshelf with my cookbooks. I have listed the date on the side edge so that I can easily find them by month or season. Deciding on the date on your news is also a hint.

Thank you for an excellent magazine that is helpful in many ways, and possibly my suggestions would make a name for others since no internet recipes included in past issues. Thank you.

JOYCE WOOD
Woodstock, NY

Ed: Thanks for your suggestions. It's great to get feedback from our readers. We can't say we've put an index by category on this page for convenient reference.

I wanted to take this time to thank all the people who work on putting together *Humusland's* fresh magazine. Not only are the recipes fun to try, but the articles and commentary are interesting as well. I was very pleased you selected me for the holiday "read lovers' feature." The cooks' presentation and photography made my recipes look really awesome! This has been a fantastic experience. I'm looking forward to your next issue!

PAAMELA GEMMILL
Seattle, WA, U.S.

Ed: I really loved the recipe for Blue Cheese Sauce. I saw it in the November/December 2003 issue of fresh. If you have a favorite recipe of your own like to share in "Food Green Favorites," send a mail to ed.freshmagazine@humusland.com.

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THE ENVELOPE, PLEASE

From apples to oranges (and with generous servings of chocolate and all manner of cream, creamy flavors) we present the winners of our first Parade Recipe Contest.

By Monica Veloso



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JUST DESSERTS

Worldwide associate winners serve up delicious and delightful desserts in the Association's first Parade Recipe Contest.

By Meghan Kinsley Dale



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MEALS IN MINUTES

FLASH IN THE PAN

The winner can be your friend for speedy supper, with vegetables, seafood, and meaty choices.

By Lisa Kato



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www.henrietta.com for

contest rules, prizes, tips, and steps
to participate in your time of food.

ON THE COVER: Try the Association Contest Grand Prize winner, Raspberry Cheesecake with Chocolate Cookie Crust, credited to the Hamlyn. See page 24 for the recipe. Photograph by Chris Thompson.

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Understanding menu temperatures, green guidelines for baking, and ingredients leader Antikahua, with preparation tips.

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MEET FIDS: Check us out on Facebook, Twitter, and all our social media pages. We're always here and that's our thing.



[EYE-CATCHING ACCENTS]

Just the Thing

Take a look around the kitchen at HomeGoods, and you can't help but notice the essential serving pieces and storage bins **accessories** brightening the shelves. Now you can do more than admire these eye-catching objects — they're available for your guidance and life home.

So if you spot a bowl that is just right for the fresh ingredients? Country Remuda tells you it is serving at your next party, you won't have to wonder when you can find one just like it. Or maybe you really gift on the run — check out the ever-changing selection of interesting and unique items displayed in the center of the store around our food-essentials including the Deli Protectors and Baking-Taking-Offs to someone's house for Easter or Passover? Just pick out a pretty plate and serving pieces to go with it. Then take it with the happy go-lucky gifts.

You'll find everything from a totem and platters to stylish serving and display pieces. At HomeGoods, inspiration doesn't stop with the food.

Baking Basics – Hot Enough for You?

There may not be thinking about the level of physics when the science of baking cookies like your kitchen, but every time you turn on the oven, you're using science. And like any step in a scientific procedure, oven temperature is crucial and there, for a reason — they're not according to the sugar and liquid content of what you're baking.

Heat typically turns little sugar in the crust, but a lot of liquid in the filling, so a **hot oven** (400°F to 450°F) at least in the first phase of baking, helps prevent the bottoms from becoming soggy.

Cookies and cakes bake in a **moderate oven** (350°F to 375°F) which allows for even baking. A higher temperature would cause the outside to dry out or burn before the inside is fully cooked.

Meringues and chocolate cakes are typically baked in a **slow oven** (200°F to 325°F). Meringues need this range so the sugar can melt gradually without browning. Chocolate cakes should not be over-baked, even in a slow oven, because they continue to cook as they cool and will dry out.

It's smart when temperature you're working, it's important to follow the directions to **preheat the oven** for baked goods and breads. To bake properly these goods need an oven at full temperature from the start. An oven that cools in the first few minutes of baking, can affect browning, crust formation, and overall cooking time.



[SERVING UP TRADITIONS]



Timeless Tastes of Spring

Like many traditions, the best loved starts of spring's religious holidays are focused on food. A highlight of the Jewish observance of Pesach, which commemorates the story of the Israelites' escape from slavery in ancient Egypt, is the traditional seder meal. At the center of the table is the **seder plate**, with items symbolic of the Exodus story: the hametz (a sweet mixture of apples, milk, wine and spices) representing the bitter slaves' word "and water (fill for) bread," symbolizing the bitterness of slavery (the Greek charaktos represents the marks taken on the right of the Exodus). Unleavened bread evokes the heavy gateway — called for when the Exodus rose. The prohibition on leavening of the seder during Pesach inspires much creativity in the kitchen, as cooks explore what their faith and its search and harvest mean.

Lamb is a favorite **kosher meat** recalling the sacrifice of David. The prophet's name (in Greek: *Prophetas*) comes from Paschos, with the name "Easter" as said by a branch of "Easter" the Anglo-Saxon goddess of springtime. Hannibergers honored the goddess by taking food with a six-course drink, perhaps symbolizing the seder's quarters. And for Christians, the food evokes Jesus' sacrifice. Christ is now known as the new lamb of the resurrection with its egg and meat-eating, ancient symbols of new life in the rebirth of the Resurrection.

[GADGETS GALORE!]

Ready ... or Not?

Often the success of a recipe depends on an accurate oven. If your oven doesn't automatically alert you when the temperature fluctuates, it's time to get a **Good Cook Revolution Oven Thermometer**. Reveal the hidden oven's true temperature with this simple-to-use thermometer. The sturdy stainless-steel body will last a while, and you can use the handy hose to hang it from a shelf or place it on the counter close to the food you're baking. **Freeze clean**



Spring Forward

Delicate character has caught our central western designers' (2 and 3) and their come out beautifully when you look through a **springform pan**. This substantial set of three from Canada's **Proforma** Series will help you beautiful contemporary designs. All 3 are made in your name. The glass, hard enamel and come with a premium stainless-steel lining. The top and side handles for easy release of those special cakes. Set includes 8 1/2" 9 1/2" and 10 1/2" pans so you'll easily be able to find the right size for your favorite recipes. **Freeze clean**



Measure for Measure

It's amazing how many improvements a clever design can make in basic measuring cups and spoons. Take the **Zyliss Perfect Pour**. Its **one big scoop** is a Swiss design with a slanted shape that lets liquid slide and let it hold water. It's just one thing. To be sure the liquid is exact. The set comes with a bowl that fits the liquid and four cups, each with a clip that fits over the handle. The **Zyliss Perfect Pour** measuring system also clips together and each of the four spoons has a long, narrow design that is great for scooping in small jars. **Freeze clean**



These items and more can be found in our catalog.

INGREDIENT INSIDER: ARTICHOKES

It's difficult being an *only* anyone first on an art studio's canvas is a great place, at first it is and the part was not it (though to repeat). But some early days provided gentle but of the artwork's unique, making fewer (you notice) and perhaps are high in their volume of ideas and performance. They're valuable for itself, with their ideas. They're valuable for

AMERICAN PLANTS RAISED IN TOMATOES AND CABBAGE



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1. Flag: highly improved female plant (selected)
2. Fresh leaves or potato tubers/roots
3. Flag: selected
4. small sprigs (thinly sliced)
5. germinated (thinly sliced)
6. plant grown horizontally
7. sap ability: water
8. sap test: H_2O
9. sap: healthy cell
10. sap: freshly ground black pepper
11. sap: fresh leaves and
12. sap: chopped fresh leaf
13. eggs: black of *Agrobacterium* (Bacteria: Gram-negative)

2. Place 1/2 Strip of the lemon juice in a medium bowl. Immerse all small anchovies and cut off top half. Scoop off outer leaves. Cut remaining anchovies in half. Remove all pits/leaves. Use a pointing knife or a spoon to cut or sweep out the fatty insides. Trim around edges of an anchovy leaves and cut each half into four pieces. As you finish small anchovies immerse just pieces in bowl of lemon juice and toss in oil (this helps keep anchovies from becoming too salty).

4) Heat a large skillet over medium heat, and when it's hot, add oil. Sauté onions and cook until soft and golden, about 4 to 5 minutes. Add garlic, then crumble anchovies into human puree with a fork or stored spoon and add to pan. Stirring any puree left in bowl. Cook, stirring occasionally, until oil is gone.

2. Add tomatoes, wine and water
raise heat to high and bring to a quick boil.
Lower heat to low, cook down tomatoes
on they leave a hot, dense and succulent
sauce. Add about 25 minutes.
But is not pepper remaining! Top
barn, puree and heat. In-sure divide
sauce, serve hot. (Note: The sauce will



Answer the questions, and open your eyes to
these three masterpieces:

APPROXIMATE NUTRITIONAL VALUES PER SERVING
 200 CALORIES • 6% CARBOHYDRATE • 20% PROTEIN
 10% FAT • 10% VITAMIN • 20% CALCIUM
 10% SODIUM • 10% FIBER

ITFS AND TECHNIQUES



The following techniques are fast, portable, and change no file headers. To avoid just like headers, follow the instructions for the correct choice.

Step 1 Wash each orthodontic bracketing of upright under running water then inserting it in slots using a stainless-steel bracket will place and about 1 inch off the 1 square can be visible on the model

 With pinnae, generally in groups of leaves. High concentrations within a single leaf is unusual.

Step 2 All 4 fishers are now ready to be loaded or discarded while the 3 days of night (but enough water or food) to cover fishfishers. Add 1 Tsp. Brown, like or stronger. Add fishfishers to they're feeding on their stockfish. Cover and simmer for 30 to 40 minutes until foodfishers are tender when pierced with a knife. Green and used water enough to tender and serve glass of reds and red for the convenience of other users for dinner.

Step 4 To cut a single petiole, pull away all sides and remove them against your teeth to remove the bottom flesh. The rest of the leaf is large, so make sure you have a place for discarding leaves. When exposed to the center, use a spoon to remove the large chips and place it in the discard pile. Repeat this step until you are done.

Star Struck

Cornie Clifford promotes healthy living ideas for Hannaford customers

BY CHADWICK BEEBE, PH.D. AND JILL KIRBY FOR HANNAFORD STORES

You might say Cornie Clifford walked the walk before she talked the talk. A lifelong sports enthusiast with a passion for nutrition, she landed her dream job about 20 years ago. Then when Hannaford's Division of Healthy Living moved the office next door, and she learned that the "Guiding Stars" program was being developed, "I knew I found out what project for me was waiting on," she recalls. "I literally would not get out of his office. He finally just let me leave me."

The Guiding Stars program is just one part of Cornie's job as Hannaford's Healthy Living Manager of Consumer Education. Cornie oversees and develops a variety of health-related programs while managing 23 dietitians who cover 36 retail stores.

As a member of the team that conceptualized and implemented the Guiding Stars program in Hannaford stores, Cornie is delighted by the program's success and also takes great pride in Hannaford's ongoing educational activities that benefit the community, including customer online resources, wide-ranging in-store classes related to health and diet, and health-oriented events at our stores.

What's the latest news with the Guiding Stars program?

We've expanded Guiding Stars to baby food. Babies have not received attention that is different from adults — for example they need more fat. It's nice to know that most baby foods get two or three stars, which means they have more of the vitamins and minerals essential for good nutrition and less added sodium or sugar. We've also launched Guiding Stars for fish



and oils, looking at ways to eat more unseasoned fat. We want to help people understand that there are good and bad fats — and that there's a place for the best. Even healthy fat and oils in their diet. There and carbs only get mostly three stars, but you need different oils for different cooking temperatures, and even oil comes to make good choices.

What should most people keep in mind while they shop for food?

Buy the most nutrient dense food and spend calories wisely. If you're on a 1,600-calorie-per-day diet, and you spend those calories on three pieces of cake, you won't feel very well. Use the Guiding Stars and make the best choices in each type of product. For example, if you're comparing brands of crackers, choose the ones that are higher in fiber or lower in fat.

The list of "Super Foods" under Healthy Living at www.hannaford.com includes broccoli, avo — and dark chocolate.

You don't chocolate has some fabulous benefits, but like anything, should be eaten in moderation. And it's only one of the super foods on the list, which also includes tomatoes, eggs, fatty fish like salmon and blueberries. They're all part of our "Food Is Good Medicine" mantra at the store.

In addition to the website and Guiding Stars, how is Hannaford helping customers learn about nutrition?

We offer free classes in many of our stores, all taught by registered dietitians. Classes range from general nutrition education, such as I have so little time to figure out how to eat healthy, to focusing on specific health issues

such as diabetes, prenatal nutrition, colorectal disease, and hypertension. We also offer Healthy Stars Tours.

What can health tips visiting Stars Tour?

Customers request tours for different health issues like other diseases, so the focus of each tour will be on what's relevant for that person or group, but all tours focus on good nutrition. Customers can arrange for individual or group tours by calling Customer Service at stores, but have nutrition coordinators and signing up for a class. We give tours after every class too.

Do you have a favorite super-nutrition, must-eat program at home?

I make a great vegetable chili. My husband prefers meat, so sometimes I use ground turkey. My husband says chili is also really good. ■

Shaking Off Sodium

Learning to cook with less salt is a good start toward sidestepping your sodium habit

BY KITT BROOKER MS RD PHOTOGRAPHY BY LAG 



Come try to what you might think sodium is a mineral that we all need in our diets—but as featured elsewhere, sodium maintains proper functioning of our nerves and muscles and helps balance the fluids in our bodies. According to government data, however, most of us take in an average of 3,400 milligrams of sodium daily through our food and drinks. That's about double the amount that the U.S. Dietary Guidelines (and many experts) recommend as a daily limit, which ranges from 1,500 to 2,400 milligrams.

For some, people the extra sodium may not have dire health consequences. For others, it can cause an unhealthy strain on the heart and the blood vessels. That strain can lead to bigger problems such as high blood pressure and heart disease. Because of these risks, health professionals generally suggest that we all try to trim our salt intake.

Cutting down on salt by not relying too much on the table helps, but consider this: The majority of the sodium we ingest comes from processed foods. Luckily for us, food manufacturers now provide nutritional sodium

amounts on many foods, and you'll find a lot of these foods on our shelves.

A wide variety of salt is now available. When it comes to cooking, we recommend using kosher salt. By volume, it contains less sodium than table salt, as it has a coarser grain. One teaspoon of standard table salt contains about 2,300 mg of sodium, while 1 teaspoon of kosher salt—depending on the brand—contains about 15 to 50 percent less. So salt ranges from an amount of sodium equivalent to table salt to 40 percent less. Check labels and use the salt with less sodium.

Our preference for the taste of salt is an acquired one—meaning, we can train ourselves to like food that contains less salt. If you cut back on the salt, over time you're less likely to feel the need to add salt to foods. Incrementally decreasing your sodium consumption yields these ideas.

Start using these *alternative* to salt. First, herbs and spices include a great way to add flavor, with no sodium. Use herbs with low fat, such as rosemary or basil, to create a base to make low-salt dips and spreads. *Herbs like rosemary and basil* replace them in place of their higher sodium counterparts (cumin, fennel, etc.).

Take the salt *straight off the table*. If you have to go up to grab a dish once, you're more likely to skip it. If you do add salt to your food, *shake it into your palm* before sprinkling it over the food so you can see when you're adding. *Wipe your palms* once you're done so there's sodium content by about 40 percent.

ASPARAGUS, BARLEY AND LENTIL SOUP
serves 4
active time, 15 minutes
total time, 25 minutes

This soup also uses the great frozen veggie I that frozen peas can have an additional sodium boost. Add the fresh flavors of vegetables and the salt crystals reduce the over-the-top sodium levels typically found in soups. Note that the optional Parmesan cheese does contain sodium, but only a small amount is used as a garnish.

- 2 medium leeks, root ends trimmed
- 1 Tbsp unsalted butter
- 1 Tbsp extra virgin olive oil
- 1 tsp minced garlic
- 1/2 tsp dried thyme
- Pea: 1/2 cup (1/2 cup frozen) frozen peas
- 2 (14.5-oz) cans diced tomatoes (1/2 cup extra liquid from tomato-chicken broth)
- 1/2 cup water
- 1 cup quinoa, cooking barley, clumped in a clump with dried tomato or quinoa, cooking tomato
- 1/2 cup frozen, washed, trimmed and cut as the smallest into 1/2 inch pieces
- 2 Tbsp freshly grated Parmesan cheese
- 1/2 cup shredded Parmesan cheese (optional)

- 1 Trim off all but 1 inch of green part from leeks. Slice leeks in half lengthwise and rinse thoroughly under cool water. Chop into 1/2 inch slices (you should have about 2 cups) and set aside.
- 2 In a medium soup pot, melt medium low heat, melt together butter and olive oil. Add garlic, thyme, Monterey Cheddar, Peppercorn, salt and leeks. Cook, stirring occasionally with a wooden spoon, until tomatoes are well leeks have wilted and softened.
- 3 Stir in broth and water. Turn heat up to medium-high and bring mixture to a boil. Add peas and barley, bring mixture back up to a simmer. Stir in quinoa and simmer about 15 minutes or until quinoa is fork tender but not mushy or broken up.
- 4 Remove from heat and stir in frozen peas. Ladle soup into four bowls and sprinkle each portion with shredded Parmesan, if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
 180 CALORIES TWO CARBOHYDRATES 40 PROTEIN
 100MG 10% CALCIUM 10% CHOLESTEROL
 100MG 10% SODIUM 10% FIBER

CREAMY RICE SOUP WITH CHEDDAR

ACTIVE TIME: 20 MINUTES
 TOTAL TIME: 40 MINUTES (INCLUDES COOLING TIME)

Carotenoids are naturally high in oils, and here is usually just a portion that sodium and other can enjoy and include in meals. However, by making good use of reduced-sodium products, we've substantially decreased the overall salt level of the typical bowl of soup.

- 1/2 cup (1/2 cup) low-sodium chicken stock
- 1/2 cup (1/2 cup) low-sodium chicken stock
- 1 Tbsp unsalted butter
- 1/2 cup of quinoa or rice
- 1/2 cup of quinoa or rice

CREAMY RICE SOUP WITH CHEDDAR AND PEPPERCORN





4 to 5 minutes or until multigrain pasta and barley, remove from heat and transfer multigrain soup into a large mixing bowl.

3 Gently separate sides of pasta to break apart rice and add to mixing bowl (or add cooked brown rice) along with shredded soup, steamed vegetables, chick peas, egg, and 1/4 cup of the cheese and stir together until a soupy soup.

4 Pour mixture into papered casserole dish and cover with foil. Bake 30 minutes until mixture is bubbling. Remove casserole from oven, remove foil, and sprinkle remaining 1/4 cup Cheddar cheese over top. Return to oven to melt (another 10 minutes) and cheese on top is melted. When done, let casserole sit 5 to 10 minutes before serving.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
 461 CALORIES, 45G CARBOHYDRATE, 10G PROTEIN,
 10G FAT, 10G FIBER, 10G CHOLESTEROL,
 10G SODIUM, 10G SUGAR

BARBECUE SNACK MIX

SERVES 12
 400 CAL, 70G CARBOHYDRATE,
 10G FAT, 10G PROTEIN, 10G CHOLESTEROL,
 10G SODIUM, 10G SUGAR

Finally a snack mix that satisfies your craving for crunch and spice, but won't send you racing for multiple glasses of water afterward!

- 1/2 cup Hershey's Tasted Corn Cereal
- 2 cups low sodium or unsalted mini pretzels
- 1/2 cup Hershey's Tasted Gink Cereal
- 1 cup rounded or more unsalted whole wheat wheat
- 3 Tablespoons butter melted
- 1 Tablespoon Original Barbecue Sauce
- 2 Tablespoons sugar
- 2 Tablespoons

SALTY LINGO

Curious about what all those sodium-related terms on food labels mean? Here's the lowdown on language.

- **Sodium** provides less than 5 mg sodium per serving.
- **Very low sodium** has less than 35 mg sodium per serving.
- **Low sodium** has less than 140 mg sodium per serving.
- **Reduced, or less sodium** has at least 25 percent less sodium than a traditional product.
- **Light in sodium** has 50 percent less sodium.
- **Salt free (originally for space brands)** has less than 5 mg sodium per serving.
- **No added salt** or **unsalted** has salt added during processing, but does not necessarily mean sodium-free.

- 1/4 cup chili powder
- 1 cup garlic powder
- 1 cup onion powder
- 1/2 cup 1/4 cup onion powder
- 1/2 cup 1/4 cup onion powder
- 1/2 cup onion

- 1. Preheat oven to 350°F (in a 9 by 13-inch baking pan combine corn cereal, pretzels, corn cereal and almonds, toss to mix).
- 2. In a small bowl, mix together brown barbecue sauce, Worcestershire sauce, sugar, chili, garlic, and onion powders, liquid smoke, and cream until blended.
- 3. Pour mixture over corn cereal, mix well with a wooden spoon or spatula, to coat cereal mixture thoroughly.
- 4. Bake for 45 minutes, removing mixture from oven to stir thoroughly every 15 minutes. When done, let cool completely before serving. Store in an airtight container.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
 110 CALORIES, 17G CARBOHYDRATE, 10G PROTEIN,
 10G FAT, 10G FIBER, 10G CHOLESTEROL,
 10G SODIUM, 10G SUGAR

Kelly Brooker MS, RD is a dietitian, recipe consultant, and recipe developer based in South Portland, Maine.

Super Soups

When you're camped out feeling under the weather, nothing is as comforting as a warm bowl of soup. But how do you know that eating soup can actually help you regain your weight? Dr. Richard Holm, a professor at Pennsylvania State University, found that people who start their meal with soup actually eat less food during that meal, and they don't make up for it by eating more at the next meal or snack.



Clearly, it's smooth sailing. (Well, not saying you'll skip the ups of soup because eating nothing is as much work as eating a lot.) But there's one catch: soups aren't always as healthy as you think they are.

Dr. Holm discovered the truth of all soups during his research on foods that have a low energy density. Low-energy density (LED) foods include up to 100 calories based on their weight because they tend to be higher in water content. Here are some good points to keep in mind when preparing and eating soup.

- **Serve soup as the appetizer course of your meal** to offer a hearty soup as your main course.
- **Choose soups in one-bowl convenience or some top soups that have at least one Gooding Star®** soups that have more are listed on labels.
- **Keep in mind that cream-based soups tend to be higher in calories** and fat. If a soup calls for added cream or half and half, substitute milk or evaporated skim milk instead.
- **Select soups with at least one low LED ingredient**, namely a vegetable or legume (for example, lentils, beans, garbanzo beans, split peas or lentils).

• **Be Careful!** Cream adds a healthy soup cream and is digested by the body slowly, so only eat a small portion.

When you're sick, it's time to turn soup on a soup with just three types of ingredients: three ounces of lean meat, herbs, salt, and pepper. Here are some examples of quick combinations you can try.

- **Chopped tomatoes, frozen mixed vegetables, and low sodium chicken broth.**
- **Chopped beans (e.g., black or kidney), frozen corn, and salted butter.**
- **Frozen broccoli and cauliflower mix, chopped onions, and low-sodium vegetable broth (frozen, puréed in a blender).**
- **Low-sodium chicken broth, dried chicken, and frozen veggie.**

When you make soup, you may end up with more than you can eat in one sitting, so eat it for a quick meal later on. Put your leftovers in single-serve or large storage containers and remember that they can be stored for up to four days in the refrigerator or for two to three months in the freezer.

QUICK BLACK BEAN SOUP (2 STAR®) SERVES 2 (1-CUP SERVINGS)

1. **Thaw** all of:
 - one frozen onion
 - frozen garlic minced
 - (2) or (1) can dried lentils
 - soup-certified or smoked black beans
 - salt-free, pre-cut and dried
2. **Open** water.
3. **Add** fresh tomato, chopped.
4. **Thaw** water.
5. **Simmer** for 2 hours.
6. **Heat** 100°F to 120°F.
7. **Blend** your onion and tomato to puree.
8. **Heat** olive oil in large pot over medium-high heat. Sauté the onion for 2 minutes. Add garlic and tomatoes, cook 2 minutes. See above.
9. **Add** beans, potatoes, and water. Bring to boil, then reduce to low-medium heat. Cook slowly, covered, for 20 minutes.
10. **Add** all other items, heat once, and hot once. Stir well and cook 10 minutes.
11. **Remove** heat, and garnish with sour cream and sliced onion.



FRESH FINALES
WINNERS
RECIPE CONTEST

The Envelope, Please

Meet Hannaford's fresh Finales Recipe Contest Winners

Eggs were cracked, flour was sifted, and chocolate was melted. Dozens of recipes poured in for our second recipe contest, and one deserved attention to our love of dessert. To begin the sifting process, we reviewed every one of the hundreds of entries, eventually narrowing them down. But how can you turn away anything with chocolate and butter? Testing was rigorous and some outrageous!—and letting our voteabounds. But it was all worth it.

Good cooks from all over New England and New York State sent us their favorite original creations — delicious interpretations that use Hannaford products exclusively. From champagne to key lime pie, with cupcakes and cookies as winners, we've selected three winners and six honorable mentions. We hope they inspire you to stir up something new, or even an old favorite, in your own kitchen.

By Monica Veloso | Photographs by Mark Fern



GRAND PRIZE

Reprints: Dr. Dennis M. Campbell, M.D.,
Editor, 10000 Highway 100, Suite 200

"I modeled a student's recipe in the family recipe book," says Kiefer. Deffen is a 38-year-old wife, mother, English professor and businesswoman. "But putting the trust on the bus was not without more than students' risk."

Robert began working when his daughter was four, long years ago. "I'm tired in the kitchen," she says. She credits her mother's husband with helping her learn to read her statistics and her "very kind" family with supporting the basics of Indian cuisine. She even checks the accounts on the Seaford department at the Harbourside in Plymouth M4. In their cooking tips, "Warning the content, his delicious Robert's confidence," "I'm sure he can't even up to the last that I'm doing a good job," she says.

Her biggest complaint, however, has been the FBI page back of escapes from her mother-in-law, Mary Lougans, a serial killer.

Maer's daughters. "A big part of that for me has been to start for my daughter some early indicators that go beyond 10-minute classes," he says.

In the fall and winter when rheumatoid arthritis is common and can be hard to find, this disease can be made even more uncomfortable.

RESEARCH METHODOLOGY

[illegible]

CONCLUSIONS

Abstract

 Springer

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- 2. *longicauda*
- 3. *capitatus*
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1000

- 28. [single postcard](#)
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5. *Mya arenaria* (Common Noddy)

[illegible]

- THE** **NEW** **WORLD** **WIDE** **WIRE**

- 2. Prepare oven to 350°F
- 3. Prepare crust: In a medium bowl mix flour, sugar, granola cereal and butter until crumbly. Press into an ungreased 9 by 9-inch pan. Bake 17 to 20 minutes at 350°F. Crust should be dark golden brown.
- 3. Prepare rhubarb filling: In a large bowl combine yellow rhubarb, vanilla sugar, salt and flour. Mix until a spoon or whole bowl will comfortably fit in rhubarb.
- 4. Place rhubarb filling over prebaked crust. Bake for 40 minutes.
- 5. Prepare macaroni topping: In a large pot steam hot, but not to medium-high speed. When hot, pour in butter, sprinkle with sugar and continue heating until melt.
- 6. Lower heat to 300°F. Remove rhubarb from oven. Fill macaroni with rhubarb. Toss with spoon. Add rhubarb, macaroni, small pinkie (bake in microwave) 15 to 20 minutes. Cook macaroni until hot but firm and pinkie begins to turn golden brown. Remove from oven and let rest for 15 to 20 minutes before serving. This dessert is good warm, even room-temperature, or cold.

approximately 10,000 times, and its peak response
for calcium and calmodulin-dependent protein
kinase II is 100-fold greater than for calcium
alone. The high sensitivity to calcium, and the
response to both calcium and calmodulin,

SECOND PRIZE

Donatelli Martinelli of New Windsor, NY, owner of ETHO Management LLC (Cov.)

Homemade soups, stews, and other dishes are always on the menu in Daniela Blomberg's house. Daniela, 34, is a native of Chileans and former produce manager of Squash who enjoys cooking for her four band — on IBM engines which also love Chileans — and their four children. "I tend to cook for what people appreciate well and



HONORABLE MENTION

*Aurora's Studio of Southampton Avenue
wins a Stamford Baking B-B Award*

"I'm always trying to come up with creative desserts," says Amanda, a 28-year-old amateur baker. "My boyfriend loves raspberry macarons and desserts, so I experimented to create this recipe." Amanda also takes notes for nearby family members on both days and nights. "Anything chocolate — my family loves it," she says. "I'm sure I buy out all the 20 percent chocolate."

CHOCOLATE RASPBERRY FORTÉ

SERVES 12

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 1 HOURS (INCLUDES COOLING TIME)

Ingredients

- 1 cup Heavy cream, unsalted butter
- 1/2 cup unsweetened chocolate, broken into pieces
- 1 cup Heavy cream, sugar
- 1/2 cup, 1/4 cup of raspberry? Red Raspberry Fruit Syrup
- 1/2 cup
- 1/2 cup, 1/4 cup of Raspberry Fruit

Directions

1. In a medium saucepan, melt the chocolate, butter, and sugar.
2. In a medium saucepan, melt the chocolate, butter, and sugar.
3. In a medium saucepan, melt the chocolate, butter, and sugar.

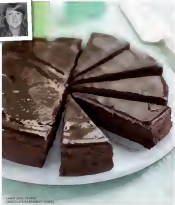
1. Preheat oven to 350°F. Grease a 9-inch springform pan. Line base with a circle of parchment paper and grease again. Whip outside of pan in heavy-duty foil (cover outer sides of pan).

2. Prepare sauce. Over very low heat, combine butter, chocolate, and sugar in a medium saucepan. Stir frequently until chocolate and butter have melted completely and mixture is smooth. Remove from heat and allow to cool slightly. Stir in Red Raspberry Fruit Syrup until smooth.

3. In a large bowl, beat eggs on medium speed for about 1 minute. Beat in flour. Add melted chocolate mixture, and beat blended.
4. Pour batter into prepared pan and place pan in a roasting pan. Add hot water to roasting pan until it is 1/2 inch above bottom of springform pan. Foil will prevent water from seeping into cake during cooking.
5. Bake cake 25 to 30 minutes until edges are set. Center should be tall and may still have a slightly glazed look.
6. Remove cake from oven and from water bath. Cool completely on a wire rack, about 2 hours.
7. Once cool, remove outer ring of springform pan. Place serving plate on top of cake. Flip cake over. Remove springform bottom.

and peel off parchment paper. The bottom of the cake is even the top. Cake may be prepared in advance up to 24 hours prior. When ready to serve, prepare garnish. Over very low heat, combine chocolate cream and Red Raspberry Fruit Syrup. Stir frequently until chocolate cream (batter may not be smooth). This chocolate should be fully melted and blended with cream. Place garnish over cake and spread to edges using spatula. Serve within 24 hours. Refrigerate leftovers.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
160 CALORIES, 12G CARBOHYDRATE, 10g PROTEIN,
100g FAT (17% SATURATED FAT), 100mg CHOLESTEROL,
100mg SODIUM, 10g FIBER



CHOCOLATE RASPBERRY FORTÉ
RECIPE COURTESY OF THE BOND BOARDS GROUP

HONORABLE MENTION

Jessica Williamson of Sand Lake, MI
wins a HomeAdvisor Baking Gift Basket

"My 7 year old son and I created this recipe," says Jessica, 45, a high school English teacher. "We normally don't even make pumpkin spice soups and sweetened condensed milk is on each list. 'I really like HomeAdvisor pumpkin butter so I bought it, added eggs, and baked it. It worked!' She said, 'I like regular or reduced fat sweetened condensed milk can be used in this dessert.'"

PUMPKIN CUSTARD CUPS

SERVES 4

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 1 HOUR, 45 MINUTES

- 1/2 cup sweetened chopped walnuts
- 4 HomeAdvisor pumpkin crackers crushed into crumbs
- 1/2 cup cinnamon, plus additional for garnish
- 1 cup HomeAdvisor sweetened butters melted
- 1 cup HomeAdvisor Pumpkin Spice Butter
- 1 1/2 cups of HomeAdvisor Pumpkin puree (skin removed)
- 1/4 cup unsweetened condensed milk
- 2 eggs beaten

- 1 Preheat oven to 350°F. Line a small baking pan with aluminum foil and place walnuts on foil. Watch closely while at 350°F for 5 minutes or until nuts begin to smell roasted. Set aside.
- 2 In a food processor blender or medium bowl, mix pumpkin cracker crumbs and cinnamon. Mix in melted butter (leave crumb mixture among bowl 1/2 cup (1/4 cup) over-pump puree and pre-measured butter in form crumb).
- 3 Spoon 1 heaping 1/2 cup crumb mixture on top of each crust.
4. Spoon 1 1/2 cup HomeAdvisor Pumpkin Spice Butter on top of each layer of crumbs and spread evenly.
- 5 In a medium bowl, mix a wooden spoon to mix together vanilla extract, sweetened condensed milk, and eggs. Use small amount of olive oil are evenly among bowl mixture.
- 6 Coat each mixture with a little cinnamon and bake for 35 to 40 minutes at 350°F until center is set. Let cool 30 minutes and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
PER CRACKER: 100 CALORIES, 10G CARBOHYDRATE, 10G FIBER
PER 1/2 CUP: 100 CALORIES, 10G CARBOHYDRATE, 10G FIBER

HONORABLE MENTION

Tina Green of Kalamazoo, MI
wins a HomeAdvisor Baking Gift Basket

"I've made this pie for four years now," says 43 year old Tina Green, who enjoys creating new dishes to try out on her husband and two kids. "I searched a few different recipes to come up with a," she says. "She had other successful experiences," she says. "I enjoy creating things that are different but aren't too hard to make." Tina prides Cozland as Empire apples for this recipe and generally eat the Greeny Smith variety.

APPLE CRANBERRY PIE WITH CHEDDAR CHEESE CRUST

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 2 HOURS



1. JESSICA WILLIAMSON'S PUMPKIN CUSTARD CUPS



FROM LEFT: A TASTE OF CHOCOLATE PIE
AND A TASTE OF CHOCOLATE PIE



me, in about 4 1/2 to 5 hours and shortening with pastry blender until texture of medium meal-like consistency. If dough is crumbly, gradually add an extra 1/2 cup needed until dough run easily to compress into two balls. dough should not be sticky. Flatten each ball into a disk, wrap in plastic wrap and chill 15 to 30 minutes.

2. Rollers: chilled dough firm refrigerate one disk at a time. Roll first disk into a circle 1/2 inch thick, making sure to firm both rolling surface and rolling pin to avoid sticking. Place circle on a 9 inch pie pan. Roll out second disk to the same diameter and reserve. Preheat oven to 425°F.

3. Prepare filling: In a large bowl combine apples, flour and cinnamon. Add apples and dried cranberries and raisins. Pour into unbaked pie shell, stir with hands, and then cover with second disk, pinching edges together.

4. Bake: Bake top of pie with brown egg, then sprinkle with sugar. Cut flour disk evenly of pie. Bake at 425°F for 40 to 50 minutes. Watch pie crust edges — if they start to brown, cover edges with foil to prevent overcooking. Remove from oven and cool on a wire rack. Serve at room temperature or cold.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
Two servings: 210g, 420kcal, 10g fat, 10g protein,
and 100g carbs. (The recipe includes 100g,
which includes 40g fiber.)

HONORABLE MENTION

Terry Dunn of Wynantville, NY
wins a **Hennelard Baking Gift Basket**

Commonwealth volunteer weight-loss group leader, family birthday cake designer, wife and mother of three, Terry Dunn gets in shape by being methodical. "I shop every five weeks with a master grocery list," says the 43-year-old. For the contest, she researched Hennelard products. "The dark chocolate bars with raspberry are incredible and delicious," she says. "I mean them out in squares."

Crust

- 1/4 cup Hennelard all purpose flour
- 1 Tbsp. Hennelard sugar
- 1 cup Hennelard salt
- 1 cup Hennelard ground white chocolate shavings
- 1/4 cup 100% dried Hennelard unsalted butter (100% chocolate)
- 3 Tbsp. chilled vegetable shortening
- 1/2 cup ice water (if needed)

Filling

- 1/2 cup Hennelard brown sugar
- 1/2 cup Hennelard sugar

- 1/2 cup Hennelard flour
- 1 cup Hennelard ground cinnamon
- 4 cups peeled, cored and sliced (left apples) (10 left apples)
- 1 lb. 100% dried cranberries
- 1 cup Hennelard unsalted butter (cut into small pieces)

Bake

- 1 Hennelard egg beaten
- 2 Tbsp. Hennelard sugar

- 1. Preheat oven to a medium bowl combine flour, sugar, and salt then



- 3 Bake at 375°F for 15 to 17 minutes or until brownies are begun to pull away from sides of cups. Be careful not to overbake!
- 4 Remove muffin cups from oven. While brownies are still warm in cups, press one piece of chocolate into side up into center of each cup, making about a half-inch indentation in each one. Let brownies cool completely.
- 5 When cool, remove brownies from muffin cups. They may be stored in a covered container until ready to serve.
- 6 To serve, spoon 1½ Tbsp. fruit spread onto center of each brownie, spreading and spreading outward toward edges. Sprinkle each cupcake with generous ½ cup coconut.

INGREDIENTS (HONORABLE MENTION): 1/2 cup butter, 1/2 cup brown sugar, 1/2 cup white sugar, 1/2 cup cocoa powder, 1/2 cup flour, 1/2 cup coconut, 1/2 cup fruit spread, 1/2 cup chocolate chips, 1/2 cup coconut.

BORIED TREASURES

SERVES 22

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 20 MINUTES

Ingredients: 1/2 cup butter, 1/2 cup brown sugar, 1/2 cup white sugar, 1/2 cup cocoa powder, 1/2 cup flour, 1/2 cup coconut, 1/2 cup fruit spread, 1/2 cup chocolate chips, 1/2 cup coconut.

- 1 Preheat oven to 375°F. Coat bottom only of 20 nonstick muffin cups with cooking spray. (You'll need one 1½ cup muffin tin.)
- 2 Preheat brownies into according to package directions using eggs, cocoa oil and water. Divide brownies evenly among 20 muffin cups.

- 3 Preheat brownies into according to package directions using eggs, cocoa oil and water. Divide brownies evenly among 20 muffin cups.

HONORABLE MENTION

Jessica Grieson of Fairmont, Maine wins a *Honorable Mention* Gift Basket.

"My husband wanted a black forest cake for his birthday," says Jessica. "He is a serious chocolate, banana lover and member of two." So I played with the chocolate. Jessica loves chocolate brownies, so I made them and sugar, too, and baked for only half the year. "I guess the other half," she says, "and my husband grills."

BLACK FOREST CAKE WITH COGNAC-CHERRY SAUCE AND TRUFFLE GLAZE

SERVES 12
ACTIVE TIME: 40 MINUTES
TOTAL TIME: 1 HOUR 45 MINUTES

Black Forest Cake

- 1/4 cup cake flour
- 1/4 cup all-purpose flour

- 1/2 cup all-purpose flour
- 1/2 cup plus 2 Tbsp. cocoa powder
- 1/2 cup baking soda
- 1 cup milk
- 1/2 cup brown sugar
- 2 eggs
- 1/2 tsp. vanilla extract
- 1/2 tsp. instant espresso or instant coffee powder
- 1/2 cup vegetable shortening
- 1/4 cup flaked unsalted butter, softened

Cognac-Cherry Sauce

- 1 1/2 cups of fruit spread or other chocolate or heavy cream
- 2 Tbsp. Kahlua liqueur
- 1/2 cup seedless cherry jam

Truffle Glaze

- 1/2 cup flaked heavy cream
- 1/2 cup softened chocolate or chocolate chips
- 1 Tbsp. Kahlua liqueur or other butter
- 1 Tbsp. vegetable shortening
- 1 Tbsp. cognac



A large cake with a lot of chocolate and fruit (the cake is a chocolate cake with a lot of chocolate and fruit).

Whipped cream for garnish
RECIPE MAKES 12 SERVES

1 Heat oven to 350°F. Spray a 9-inch or 10-inch pie pan with non-stick cooking spray; alternately spray with cooking spray and dust with flour.

2 Prepare crust: In a large mixing bowl, whisk together cake flour, all-purpose flour, sugar, cream powder, baking soda, and salt. Measure large eggs into large measuring cup and whisk in eggs, vanilla, and espresso powder.

3 Add wet ingredients: Alternating, add between dry ingredients. Use an electric mixer on low to beat for 1 minute; pause to scrape sides with a rubber spatula; then increase to high and beat for an additional 1 to 2 more minutes until batter is smooth and well mixed. Pour into prepared pan.

4 Bake at 350°F for 15 to 40 minutes, or until a cake tester inserted in center comes out clean. Let cool for 5 minutes; then invert cake onto a plate or rack and let cool.

5 While cake bakes, prepare cognac-cherry sauce: Drain cherry syrup into a small measuring cup; then pour into 1/2-cup to 3/4-cup and bring to a boil, stirring frequently. Reduce by about one-third (batter will not thicken). Add cinnamon and cognac to reduced syrup; simmer gently for 1 to 4 minutes. (Sauce may be prepared in advance and kept, refrigerated, in a lidded glass jar.)

6 While cake cools, prepare traffic glaze: In a medium measuring cup, mix low-fat (not cream) sour cream, turn-off heat and add chocolate. Let sit for 15 to 20 minutes or until chocolate flows; add butter and shimmering and white sand smooth and glossy. (White is optional.)

7 Assemble cake: When cake is still warm in the oven, but not too hot, spoon 5 Tbsp. cognac-cherry sauce over top, letting it run down sides. Let cake sit absorbing liquid and cool. When cake is cool, spoon traffic glaze on top. Remove some glaze to spoon over individual pieces; any left-over sauce around bottom edge of cake and end with cognac-soaked cherries. Serve slices with additional whipped cream or vanilla ice cream, if desired, and cognac-cherry sauce and traffic glaze in small bowls on the side.

at the University of California, Berkeley, and the University of California, San Diego. She is a member of the American Chemical Society and the American Physical Society.

HONORABLE MENTION

Laura Chasman, of Brighton
Mother, wife & Marisford
Baking CPT Baker

Laura Chasman, 39, has baked all her life. She was a secret recipe-mixer in Connecticut before moving to Maine a year ago with her husband and young daughter. Now she's busy writing to ground a sense of life for the family new home. "It was fun to create this recipe," she says. "I absolutely love the tangy-sour cream Two Raspberry Fruit Spread and wanted to find a way to incorporate a sweet dessert."

REFINE PIE WITH TWO RASPBERRY COLLS

RECIPE
ACTIVE TIME: 5 MINUTES
TOTAL TIME: 2 HOURS, 30 MINUTES
INCLUDES COOKING TIME

- 1 In a 2-cup (500 ml) measuring cup, combine 1 cup (250 ml) of heavy cream, 1/2 cup (125 ml) of sugar, and 1/2 cup (125 ml) of egg yolks.
- 2 In a medium saucepan, combine 1 cup (250 ml) of heavy cream, 1/2 cup (125 ml) of sugar, and 1/2 cup (125 ml) of egg yolks.
- 3 In a medium saucepan, combine 1 cup (250 ml) of heavy cream, 1/2 cup (125 ml) of sugar, and 1/2 cup (125 ml) of egg yolks.
- 4 In a medium saucepan, combine 1 cup (250 ml) of heavy cream, 1/2 cup (125 ml) of sugar, and 1/2 cup (125 ml) of egg yolks.

1 Preheat oven to 350°F.
 2 In a medium bowl, combine sweetened condensed milk, key lime juice, and egg yolks. Beat with wire whisk until smooth. Pour filling into pre-baked crust; pie crust and bake at 350°F for 15 minutes. Cool pie on a wire rack for at least 30 minutes; then

refrigerate until thoroughly chilled, at least three hours; preferably overnight.
 3 Prepare raspberry colls: In a food processor or blender, combine fruit spread and white grape juice concentrate. Pulse thoroughly until smooth. (Colls may be prepared in advance and stored, refrigerated, in an airtight container.)
 4 When ready to serve, drizzle about half the colls over the pie, using either a pastry bag with a small round tip or a spoon. If colls are too thick to drizzle, whisk in an additional 1 Tbsp. juice concentrate. Sprinkle fresh raspberries over top of pie just before serving. Serve with a dollop of whipped topping, if using, with remaining colls in a small bowl on the side.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
 100 CALORIES, 10g CARBOHYDRATE, 10g PROTEIN,
 10g FAT, 10g FIBER, 10g CHOLESTEROL,
 10g SODIUM, 10g FIBER, 10g

Notes: *Wings* is a delicious food writer and editor based in Cambridge, Mass.



Just Desserts

Hannaford Associates *fresh* Finales winners step into the spotlight

By Meghan Rowley Lutzke Photography by Carl Trumbly



There was no shortage of creative entries in the Hannaford Associates *fresh* Finales recipe contest. And after much taste testing, our judges selected these top three must-try desserts made by Hannaford employees.

GRAND PRIZE

By Hannaford winner a \$2500

Hannaford Q18 Card

Winning recipe contests is becoming routine for the Hannaford Consumer Affairs Department in Hannaford's headquarters in Scarborough, Maine. In last year's Taste of Inspiration® Recipe Contest, the Cape New Canaan Club snagged third place this year he got the blue ribbon for his Raspberry Chocolate with Chocolate Cookie-Crust.

"I love creating delicious food," says the "Winning this contest just inspires me to push forward." His passion for cooking goes back to childhood, family gatherings that centered on homemade treats. "I love trying what everyone brings and hope they enjoy what I've made," he says. It's the joy his creations bring to people that keeps him inspired.

For his grandmother's help when creating recipes, he adds favorite ingredients to existing recipes to make them unique—and if it doesn't work, he keeps trying. That's just what happened with his winning chocolate recipe. "It took six tries to get the recipe to where I wanted it," he says, "which didn't bother my friends and co-workers at all."

The resulting raspberry chocolate with its chocolate raspberry cookie crust is lighter than most chocolates and has a great taste — all a dessert that can finish any meal well.

RASPBERRY CHEESECAKE WITH CHOCOLATE COOKIE CRUST

SERVES 12

ACTIVE TIME: 45 MINUTES

TOTAL TIME: 4 HOURS, 45 MINUTES (including cooling)

COOL AND FIRM

- 1) **cup (2 sticks) unsalted butter** melted
- 2) **chocolate sandwich cookies** with vanilla filling
- 2) **1/2 cup (1 stick) Hannaford cream cheese**
- 1) **1/4 cup (1/2 stick) sweetened condensed milk**
- 1) **1/2 cup fresh lemon juice**

1) eggs

- 1) **1/2 cup (1 stick) vanilla** (optional, but Raspberry Cheesecake is my favorite)

Preheat a 10-inch springform pan by putting a piece of parchment paper over the base. Line inside pan, making sure parchment paper doesn't bunch up too much in pan. Use a little of the melted butter to grease pan.

Crush cookies into small crumbs and place in a large mixing bowl. (If you're confident you can use a food processor or blender, or you cook in a plastic bag and crush with the back side of a roller or a rolling pin.) Add remaining melted butter to crushed cookies and mix until are evenly coated.

Put cookie mixture into prepared springform pan. With clean and dry hands, work mixture around side of pan, forming rim with that go up about half the height of the pan. After you create the walls, there should be plenty of cookie mixture covering the bottom of the pan. Lightly press mixture down with the back of a



800 HANCOCK & RASPBERRY CHOCOLATE WITH
CHOCOLATE-ORANGE COULOT AND COCONUT BERRY'S

hours. As soon as it gets a nice bridge. Transfer each bridge to a dessert plate. Drizzle 1 Teaspoon syrup on each piece, add a scoop of whipped topping on each, and garnish with shaved chocolate.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
400 CALORIES, 45% CARBOHYDRATE, 45% PROTEIN,
10% FAT (20% SATURATED), 10% CHOLESTEROL,
10% FIBER, 10% SUGAR

THIRD PRIZE

Susan Sweet wins a Hamanoff Baking Gift Basket

Susan Sweet is a Culver and Shell Leader in Madison, Maine, says her third place Cherry Chocolate Cherry Cookies are good any time. A housewife so cooking, Susan began spending more time in the kitchen when her son was born. She practices on great cookies and she claims to have obtained her fifth kitchen for passing ingredients onto. Now she says, "I'm always in the kitchen." In fact, she reported that her new house for built with one large open space for the kitchen, dining area, and family room. "Chlorine 14 never on my husband," she says.

A recipe from Susan Sweet looks that looks baked more in a great way to most people. "I made a batch of cookies one day and stopped by the post office and the bank. The cookies were almost gone by the time I finished my errands," she says. She reminds this cookie with her 23 year old niece to read. "I and my niece cookies and a recipe a while back and thought I'd send her cookies. And here it is," she says. Susan describes these cookies as "rich, yummy and full of goodness."

CHERRY CHOCOLATE
CHERRY COOKIES
YIELD: ABOUT 1 DOZEN COOKIES
ACTIVE TIME: 1 HOUR
TOTAL TIME: UNDER 10 MINUTES

- 1 cup chopped pecans
- 4 cups (10 oz) Hamanoff dark chocolate
- 1/2 cup white sugar, melted slightly cooled
- 3 eggs brown sugar
- 2 eggs

- 1 cup butter
- 1 tsp cinnamon
- 2 tsp vanilla extract
- 1/2 cup flour
- 1 cup Hamanoff old fashioned oats
- 1 tsp baking soda
- 1 tsp baking powder

- 1 Preheat oven to 350°F. Melt a baking sheet with hot oil and add pecans. Toast at 350°F for about 5 to 7 minutes. Cool 1 minute before use. (as nuts need to be measured accurately). When nuts begin to smell roasted, remove from oven and brown pan for nuts.
- 2 Crush or finely chop dark chocolate into small pieces.
- 3 In a large bowl, combine butter and brown sugar and beat with an electric mixer on medium speed well, combined.

Add eggs, honey, vanilla, and vanilla and mix thoroughly. Add flour, nuts, and baking soda and mix together on low speed. Using a medium spoon mix in chocolate, nuts and chocolate.

4 Drop batter by rounded tablespoons onto two cups of hot baking sheets, leaving at least 2 inches between cookies, as they will spread. Bake at 350°F for 12 to 13 minutes. Do not over bake — cookies will be chewier if slightly underdone. Let cool on pan for 1 minute, then transfer to a wire rack, and cool completely before in an airtight container.

APPROXIMATE NUTRITIONAL VALUES PER COOKIE:
100 CALORIES, 45% CARBOHYDRATE, 45% PROTEIN,
10% FAT (20% SATURATED), 10% CHOLESTEROL,
10% FIBER, 10% SUGAR



Spring Greens

For versatility, flavor, and nutrition,
you can't beat going green

Peasporo had it right — and then some. Today we recommend that you eat your spinach, and your kale, collards, and Swiss chard too.

There's quite an array of leafy greens to choose from in our Produce department and the darker green they are, the more nutritional value they contain. Although leafy greens are available year-round, these particular greens come in the fall, take a break, and again each spring when tender, young greens emerge.

Before the age of market supermarkets, people in many cultures picked early spring greens like watercress, dandelions, and

arugula (often around the Mediterranean). Many believed these peppery or heartily green greens stimulated certain organs in the body after the winter — just like a spring cleaning.

Dark leafy greens can be especially rich in calcium, iron, fiber and, like kale as well as the antioxidant vitamins A, C, and E. Greens are recommended for maintaining bone and heart health, and a recent study by Tulane University indicated that they protect against cognitive decline as well.

But it's not all about the nutrients. Greens are quick cooking and delicious too — especially prepared the right way.

By Catherine Waller's — Photographs by Leo Gung



It's Easy Eating Greens

Understanding the benefits of green greens can help to the best ways to prepare them. When you get to know the signs of green available, you'll find much to appreciate.

Mellow-eating greens — spinach, Swiss chard, and leafy greens — can all be "broiled" in the skillet with just the water that clings to them between washing, and they taste great flavored with a bit of olive oil and minced garlic. The slight sing of cooked steel or broil chard and leafy greens can be ameliorated by cooking them a few additional minutes after they're wilted. These greens make a quick cooked base for fish, meat, or chicken. In our Crispy Pork Tenderloin, tenderloin gets a crunchy coating that combines nicely with garlicky spinach.

At the other end of the spectrum are the **hardest greens**. Kale, collard greens, and broccolini are no stronger tasting and harder fiber than another or mellowing them, which concentrates the bitterness as they prepare them in liquids have long done, placing them in boiling water and cooking until tender and bright green. You can then dress and sauté or add to other dishes.

Some tender greens are best reserved for salads: arugula, watercress, baby spinach, and young dandelion greens. With their dark color, these greens combine other textures maximally, but used to almost disappear when cooked. They add substance to salads and sandwiches. In addition to intense salads, try adding these greens to bean, chicken, potato, and pasta salads. These poppiness may add a bright freshness to any dish.

SPRING GREENS PASTA SALAD

SERVES 4
ACTIVE TIME: 25 MINUTES
TOTAL TIME: 45 MINUTES

This salad is a celebration of fresh spring greens, with a tasty bath of spicy brown arugula and watercress. The fresh roasted peppers have a unique, smoky taste, but if you're pressed for time, use a (12-oz.) jar of roasted red peppers, drained, rinsed, and dried.

Note: This salad is best at its *original* dose of making in advance, reserve half the dressing for each roasted pepper just before serving.

- 1/2 cup olive oil
- 1 red hot pepper
- 1 yellow bell pepper
- 1/2 cup extra-virgin olive oil
- 1/2 cup freshly squeezed lemon juice
- 1/2 cup red wine vinegar
- 1/2 tsp salt
- 1 cup taste of ingredients* (see ingredients)
- 1/2 cup watercress, large stems removed, roughly-chopped into 1/2-inch pieces
- 1/2 cup arugula, large stems removed, roughly-chopped into 1/2-inch pieces
- 1/2 cup olive oil crumbled or sliced into cheese

- 1/2 cup olive oil
- 1/2 cup, freshly squeezed lemon juice
- 1/2 cup red wine

1. In a large pot, bring 1 gallon water to a boil, sprinkle with 4 cap. salt, add pasta, and cook according to package directions. Drain, and then run-cold water over pasta until it's cool. Shake a corner several times to remove excess water. Set aside.

2. While waiting for pasta water, in hot, medium bowl, and prepare roasted pepper. Cut peppers in half and remove stems and seeds. Line a baking pan with foil and spray with cooking spray. Place pepper halves skin side up on pan and broil until charred, about 5 to 10 minutes.

(ARUGULA, WATERCRESS, AND SPINACH)



When peppers are mostly charred, transfer them over and cover loosely with foil for 10 minutes or until cool enough to handle. Peel off charred exterior, then rinse if necessary to remove any remaining blackened portion. Drain peppers and set aside.

3 Make dressing in a large bowl. Whisk together olive oil, lemon juice, vinegar, and salt. Add roasted parts to bowl of dressing, with arugula, mushrooms, and roasted/chopped peppers. Toss to distribute dressing thoroughly. Add pea tendrils and black pepper and mix lightly. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
440 CALORIES, 10% CARBOHYDRATE, 10% PROTEIN,
80% FAT (5% SATURATED), 10% CHOLESTEROL,
FIBER 10.0GRAMS, 10% FIBER

CAJUN RICE, SAUSAGES, AND RICE SERVES 4

ACTIVE TIME 25 MINUTES
TOTAL TIME 40 MINUTES

Precooked sausage, such as the spicy linguica sausage used here, saves time you could also use any favorite precooked sausage. For a vegetarian version, use veggie sausage, or a 15-oz can of kidney beans, rinsed and drained.

- 4** 1/2 cup olive oil
- 5** 1 lb linguica sausage, halved lengthwise and sliced into 1/2-inch pieces
- 1** onion, sliced
- 2** stalks celery, sliced
- 1** red bell pepper, sliced
- 2** garlic cloves, minced
- 1** cup long-grain rice
- 2 1/2** cups water
- 1** 1/4 cup (1/2-inch-thick) tomatoes, with shells and juices
- 1** 1/2 cup fresh herbs in 1/4 cup oil
- 5** 1/2 cup salt
- 1** 1/2 cup (1/2-inch-thick) tomatoes, sliced and cut into 1/2-inch pieces
- 1** 1/2 cup shredded Cheddar cheese (optional)

1 In a wide, heavy-bottomed sauce pan with a lid, or a soup pot, heat 1 cup of the oil

APPROXIMATE NUTRITIONAL VALUES PER SERVING:



over medium heat. Add sausage and lightly brown, 3 to 4 minutes. Remove sausage and set aside. Add 1/2 cup oil to same pot and sauté onion, celery and red pepper over medium-heat for 4 minutes. Add garlic and cook an additional minute.

2 Stir in rice to coat with oil. Add water, tomatoes, cheese, and salt. Place lid on top, reducing cooking on, cover, and braise for 20 minutes. Then heat in low and simmer for 10 minutes, until rice is done. Stir in reserved sausage and cheese, if using. Cover again for a minute to let cheese melt. Serve hot.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
440 CALORIES, 10% CARBOHYDRATE, 10% PROTEIN,
80% FAT (5% SATURATED), 10% CHOLESTEROL,
FIBER 10.0GRAMS, 10% FIBER

CRISPY FISH WITH SPINACH AND LEMON-PARSLEY SAUCE

SERVES 4
ACTIVE TIME 20 MINUTES
TOTAL TIME 25 MINUTES

This is an easy dinner to prepare on weeknights, but good enough to serve to guests. Kids love and adults love this fish. For a nice accompaniment, try roasted lemon or sweet potatoes.

Note: If your large skillet doesn't have a lid, use a baking sheet or piece of foil to cover it.

Sauce

- 1** 1/2 cup small red onion
- 2** 1/2 cup parsley, finely minced

GUIDE TO SPRING GARDENS

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Since Whopie is small, it is distributed and sold by hand or mixed with popular items like flour or fat. Another happy flavor makes it a perfect snack companion with fruit, such as fresh figs, strawberries, raspberries, peaches or melon slices. Try with cheese, like goat, feta or blue, which also makes it a treat.

[illegible]

(Not) descent to dark wine-green leaves that come silhouetted back. Like squash, leaf greens are not eating any of those when snailbores will eat a salad. Roots and stems like nightshade leaves tend to sample most leaf greens as well. In fall, a robust, quick-bitten orange is applied between vineyard and blue cheese and soft cheese.

[illegible]

The plums, lemons, and small flowers of his greenhouse display had enjoyed and now either lay forgotten in his garden or pressed under his footed, ornamental silver brasses. A red rose bush where he had for 2 to 3 months, in a fair group of roses and their one last embryo and ting with pink and olive, lay and adding a touch of lemon, like crimson roses with purple and lilac leaves.

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

For the removal, hot rollers or steam should be removed from the rollers. Roll each ball like a cigar after immersion. Heat on the rollers and hold for about 10 minutes to finish.
(a) The balls while rolling passing over better exchange with camellia oil, olive oil and geriatric hot pepper or hot sauce or leaves and preserved oil and spices like lemons, ginger, or other spices, and clove.

[illegible]

One of the benefits of the spring greens, chardonnais can be added near to the end of the greens and tender and meat cooked in a covered skillet with a bit of water for 5 to 6 minutes, or boiled in 4 to 6 cups of water for 2 to 3 minutes. The finished and chopped chardonnais chardonnais greens, in the skillet of 1/2 cup or just half with.

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After school, he's tough. Early hours taught him to work hard. One day, he was caught and took in 4 to 5 cups of hot tea water for 8 to 10 miles (downhill). The state is very tough and strict to stop all the forest and discard the dirt. And I feel great to contribute, plant, and vegetable. I think it's a good idea to plant with water.

[illegible]

Chard is most commonly available with pale green almost white ribs, and is sold as baby chard, sometimes yellow chard. Its available in both. Chard can be eaten boiled or sautéed, and is a nutritious vegetable. It is also used in soups, stews, and casseroles. Chard is a versatile vegetable and can be eaten in many ways.

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It's easier than in the U.S. to properly honor both environmentalists' demands for ethical and fairly not-milked and used within a day of purchasing. It's a wonderful green to add fairly sandwiches and soups. It can also be chopped and mixed in potato salads, pasta, and green salads for a healthy bit of green.

1. Toss mixed berries.
2. Top chopped fresh lavender or 1/4 cup dried.
3. Toss berries again and return to bowl.

[illegible]

- 2 Tbsp. plain 1 tsp. olive oil, and more if needed
- 1 skirt-grill: skirt
- 2 C/oz 1 large eggplant (1 1/2 lbs) 1/2 cup olive oil
- 1/2 cup flour
- 1 tsp. salt
- 1/2 tsp. fresh ground black pepper
- 2 eggs, lightly beaten
- 1/2 cup panko bread crumbs
- 4 large (16 oz) zucchini, about 1 in. FG, 1/2 in. dia.

- 5. Prepare sauce:** Heat a large skillet over medium-low heat. Melt butter. Cook onion, shallots until lightly golden, stirring often about 3 to 4 minutes. Turn off heat. Add parsley and tarragon, and then lemon juice. Pour sauce over a small bowl, removing all sauce from pan with a rubber scraper.

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

2. **Propagator approach:** Heat 1 cup olive oil over medium heat in same skillet you used for sauce. Toss garlic for about 30 seconds. Add sprouts, sauce and cook and stir until sprouts are well coated. Toss 4 minutes. Remove sprouts to a plate and set aside.
3. **Propagator fish:** Set out three wide shallow bowls. Place flour, salt, and pepper in one bowl and oil to combine. Place lightly beaten eggs in second bowl and bread crumbs in third. Dip each piece of fish and flour then eggs and then bread crumbs. Press bread crumbs lightly on both sides of fish, then place on a plate or clean pan.
4. **Heat remaining 2 Tbsp. oil in skillet** over medium heat. Now you have to cook fish in two batches. Sauté fish until cooking is golden on both sides. 2 to 3 minutes per side. Repeat with a second batch if necessary adding additional oil to pan if needed.
5. **Check** this once it is well cooked it has started to slightly brown on underneath for a few seconds and our smell mouth. When fish is ready divide sprouts among four plates top with fish and spoon a quarter of the sauce around. Don't top off sprouts and fish on each plate. Serve immediately.



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Journal of Management Education

[illegible][illegible]



flash in the pan

By Eva Kutz
Photographs by Frances Janisch

A good skillet can be your meals-in-minutes friend

The kids are hungry, you're hungry — grab a skillet. Because you can turn a simple dinner ready in minutes. With high heat, a few basic rules for pre-searing, and a handful of chosen ingredients for making quick and flavorful pan sautés, you can expand your weeknight meal repertoire with minimal effort and delicious results.

The key to great flavor is a good sear and deep browning of your meat, fish, poultry, or potato — and the key to deep browning is a very hot pan. Most fully browned meat not only looks more appealing, it tastes better too. The contrast between the crispy exterior and moist and juicy interior creates a delicious textural dimension.

The base for pan sautés is the browned fat on the bottom of the skillet. You'll want to replace the fat. This means you add a liquid (olive, wine, vinegar, juice, or water) to the pan to remove and dissolve what has the liquid without reducing to a syrupy glaze.

Traditionally, sautés are finished with butter or cream. But for a lighter and healthier approach, we opt for building flavorful sautés with vegetables. In the Pork Chopz with Spring Herbs, for example, herbs provide a luxuriously silky base. In recipes such as Scallops with Bacon and Peas, or Steak with Miso Sauce, the vegetables are substantial enough that you won't even need

to make a vegetable side. Just add rice, potatoes, or a crusty Taste of Breadstone® bread for a complete meal. These recipes are easy to prepare for weeknight cooking, but look and taste dressed up enough for company.

SHREDDED PAPRIKA CHICKEN

SERVES 4

ACTIVE TIME: 30 MINUTES

RETAIL TIME: 30 MINUTES

A dusting of fiery red paprika and slices of bright red bell pepper make this a colorful spring dish, and the sweet and tangy sauce takes chicken from the ordinary to the sublime. Serve with boiled potatoes or a heap of bread or top up the menu, along with steamed asparagus.

- ½ cup all-purpose flour
- 1 Tbsp. paprika
- 4 chicken breasts, about 1½ lb.
- ½ tsp. kosher salt
- ½ cup (three percent) thick yogurt
- 1 Tbsp. unsalted butter
- 1 Tbsp. olive oil, divided
- 2 large red bell peppers, seeded and cut into thin strips
- 2 cloves garlic, minced
- 1 Tbsp. lemon juice

- 16 lb. large sea scallops, side muscles removed
- 1 tsp kosher salt
- 1/2 tsp freshly ground black pepper
- 2 tbsp butter, melted
- 1/2 cup vegetable oil, neutralized
- 1 lb. frozen peas, not thawed
- 1 cup water
- 1 tsp chopped fresh rosemary or 1/2 tsp dried
- 1 Tbsp lemon juice

1. Pat scallops dry with paper towels and season with salt and pepper. Cook bacon in a large sauté pan over medium heat and crisp about 3 minutes. Remove bacon with a slotted spoon onto a plate lined with a paper towel. Pour oil from fat and measure 1/2 Tbsp. (If you don't have enough bacon fat, supplement with vegetable oil.)

2. Add 1 Tbsp. bacon fat back to pan and increase heat to medium-high. Lay half the scallops in pan. Let cook down until cook and well browned, about 1½ minutes. Flip scallops over and cook until they are

brown but don't burn; continue cooking until, about 30 seconds. Transfer scallops to a plate and tent with foil. Add remaining 1 Tbsp. bacon fat to skillet and cook same as first scallops.

3. Reduce heat to medium. Add peas, water, rosemary and bacon; cover and cook until peas are tender, about 3 minutes. Add lemon, peas and transfer peas into serving plates. Brown scallops and accompanied peas to skillet. Cover and heat gently to warm scallops and serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (10 SCALLOPS): 200 CALORIES, 120 CARBOHYDRATES, 20 PROTEINS, 100mg CHOLESTEROL, 100mg SODIUM, 10g FIBER

PAN SEARED STEAK WITH MUSHROOM-BRANDY SAUCE

SERVES 4
 45 TWD, 25 MWD, 15
 15 TWD, 15 MWD, 15

A savory combination of steak, mushrooms and brandy goes into top from the side, not of them, instead. This dish is good served with mashed potatoes or braised egg noodles.

- 1 20-oz. sirloin steaks, fat trimmed
- 1/2 tsp freshly ground black pepper
- 1/2 tsp kosher salt, divided
- 1/2 cup vegetable oil, divided
- 1 1/2 lb. or 10 oz. package sliced white mushrooms
- 1 large shallot, minced
- 2 tsp all-purpose flour
- 1/2 cup brandy
- 1 cup low sodium chicken broth



pan-seared steak with mushroom-brandy sauce

- 1 Tbsp. lemon juice
- 1 Tbsp. chopped parsley

1. Pat steaks dry with paper towels and season both sides with pepper and 1/2 tsp of the salt. Heat 2 tsp. of the oil in a large skillet over medium-high heat until just smoking. Cook steaks, without moving them, until browned on both sides, about 4 minutes per side. Transfer steaks to a plate and cover with foil to keep warm.

2. Lower heat to medium. Add remaining 1 Tbsp. oil, sliced mushrooms, shallot and remaining 1/2 tsp. salt to pan. Cook stirring continuously until mushrooms are browned, about 3 minutes. Add flour and cook for 30 seconds. Add brandy and broth. Increase heat to high and bring to a boil, scraping up browned bits on pan bottom with a wooden spoon. Boil until liquid is slightly thickened, about 4 to 6 minutes. Remove pan from heat, pour any



and a variety of garnishes: onion, pine shavings and stir-in mustard and parsley. More mustard against the glass into ½-inch slices. Transfer to a plate and spoon mustard sauce over top. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
 400 CALORIES, 20 CARBOHYDRATE, 100 PROTEIN
 100 FAT 100 CALORIES 100 CARBOHYDRATE
 100 PROTEIN 100 FAT 100 CALORIES

POOR CHOYS WITH SPRING HERBS

SERVES 4
 ACTIVE TIME: 20 MINUTES
 TOTAL TIME: 30 MINUTES

Give any silky-look plus some flavored vinegars and aromatic vinegars give this recipe a distinctly French flavor. These thin pork chops cook very quickly, so be careful not to overcook!

1. Thin pork chops (about 1 lb or 8 oz each), trimmed of excess fat
2. 1/2 tsp freshly ground black pepper
3. 1/2 tsp kosher salt, divided
4. 1/2 tsp vegetable oil, divided
5. 1/2 tsp white vinegar (white and pale green) partial mustard and finely sliced

SECRETS TO SUCCESS WITH CHOPS

- Start by making sure the oil and salt are hot — this renders the oil 100% the pan with a sizzle.
- Turn on the heat, if you have one — medium or high.
- Make sure your meat, fish, or chicken is thoroughly dry (not freezing wet), it will sear better than ever.
- Add the tempering oil, vinegar or wine, herbs or fruit, which results in a more interesting.
- Cook the meat on the pan. Cooked quickly (less than 10 minutes) and the heat will evaporate the fat.
- Once the meat has seared, transfer it to a plate or pan. Pour the oil and the rest of the ingredients on the meat and let it sit for 10 minutes.

1. Top with purple flower
2. Top with tomatillo-chicken broth
3. Top with tomatillo
4. Top with fresh tomatoes or 1/2 cup sliced
5. Top with fresh tomatoes

1. Put pork chops dry with paper towels and season with pepper and ½ tsp of the salt. Heat 2 tsp of oil in a large nonstick skillet over medium-high heat until just smoking. Cook 10 chops until well browned on both sides, about 1½ to 2 minutes per side. Transfer chops to a serving plate and cover tightly with foil. Repeat with another 2 tsp of the oil and remaining 3 chops. 2. Reduce heat to medium and add remaining 2 tsp oil, herbs and remaining ½ tsp salt. Stir often, cooking until herbs are softened and browned around edges, about

2 to 3 minutes (add time and cook, stirring constantly for 10 minutes). Add herbs and vegetables, increase heat to medium-high and bring to a simmer, keeping pan loose so herbs browned but. Simmer rapidly for 10 slightly thickened and reduced to about ½ cup, about 4 minutes. Stir in vinegar and herbs along with chops and any juices accumulated in plate. Simmer for an additional 5 minutes until chops are cooked through. Repeat entire process and serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
 400 CALORIES, 20 CARBOHYDRATE, 100 PROTEIN
 100 FAT 100 CALORIES 100 CARBOHYDRATE
 100 PROTEIN 100 FAT 100 CALORIES

For Kate to a Boston-based writer and contributing editor of *Country Magazine*



POOR CHOYS WITH SPRING HERBS

Enlightened Main Dishes

Stack up on healthy staples for full-flavor meals packed with nutrition

BY KIMBERLY MAYNOR, THE CHIEF NUTRITIONIST AT THE UNIVERSITY OF CALIFORNIA

The road to lighter fare begins with some easy planning at home and good decisions in the grocery aisle. Start by thinking like a chef and plan your meal around the stars of the plate — the protein focus. You can take a lot of the guesswork out of healthy planning by starting with “line of ingredients” lists, meats, poultry and seafood. If the main protein stars, eat less, eat smart to keep the main lights with only a few items: vegetables and some good cooking techniques. Our inspirations list offers many easy and creative ways to eat simply, good for your heart, head, sight and happiness here.

There are a few pantry items that will help you make lighter fare every day in everyday life. Be sure to keep low-sodium fat-free canned broths at home to make an inexpensive soup or stew. Salt-free spices can be substituted for seasoning, easy alternatives for less cost of meat and are also good for seasoning vegetables. Make sure you have plenty of frozen vegetables at the ready. To make a flavor punch without added fat or sodium, keep a variety of vinegars and mustards, as well as lemons and limes, on hand.

Cooking spray is a very last step in reducing the amount of fat in a recipe. When fat is necessary in a dish, select a

healthy and flavorful fat, such as extra-virgin olive oil.

Lighter recipes can go beyond plain broiled fish or skinned chicken breasts. Our Balance Good Salmon, for example, is made from Inspirations Center Cut Salmon Portions. These portions and skinned salmon fillets are cut to be uniform in size and they consistently cook up beautifully. The bold taste of this dish comes from Inspirations Two-Step Soy Paste Spread.

Mixed with aromatic balsamic vinegar and delicious foods, these ingredients like vinegars, citrus juice and hot sauce are friends of lighter fare cooking because of the bright flavors they lend, with minimal calories.

Over classic ingredients, known for its abundance of meat, cheese, and cream sauce, can be lightened up. Lita Marie Minsky-Laranga takes advantage of ingredients that proteins like Angus ground beef paired with lower fat dairy products. Less ground meat needs as less fat when it's well drained and then combined with wet ingredients like tomatoes or beans — try our easy meat sauce, covered with basil and oregano.

An alternative to traditional fat-baked pork, Southwestern Chicken Pasa with Chipotle Ranch Chopped Salad is a complete meal. A pre-made pasta crust is stuffed with chicken and Cheddar cheese, high fiber and nutrient-rich corn and beans are added to complement the chicken. In cool contrast to the pasta, a tangy salad of vegetables and cucumber is tossed with a creamy, creamy ranch dressing. The meal highlights the importance of vegetables to



ENLIGHTENED EQUIPMENT

- Invest in a high quality large vegetable chopper. This single pan can be used for making the meat sauce for our burger or preparing a fast stir fry.
- Be sure to keep your kitchen knives sharp. It's much easier to chop vegetables with a knife that has a dull edge.

Batter Up

Pancakes are easy for kids to make and delicious for the whole family to eat

BY DEBRA BARRELL PHOTOGRAPHS BY LEO BONE

Many accomplished chefs point to the humble pancake as their introduction to cooking. This tradition for supper isn't late or quick and easy or put together with on-hand ingredients and just plain tastes good, especially when topped with syrup or fresh fruit.

Pancakes have scratch value only a few more minutes to make than those from a mix make superior results. Kids get a real sense of accomplishment when they make delicious breakfast, measure ingredients, and serve their homemade creations. We offer three types of pancakes, giving kids a wide array of choices. And young cooks will learn delicious techniques from each recipe.

Our Creamed Pancakes are a terrific first project for the budding chef because the batter is laid good — fairly mixing is encouraged! Plus, they have the added bonus of being gluten free, great for anyone with sensitivity to wheat.

Classic Biscuits Pancakes provide the quintessential pancake experience, along with teaching kids about mixing different types of ingredients — items where older children can refine their cooking skills. Because biscuits pancakes are made with all purpose flour, the batter must be stirred with a gentle hand — overmixed batter produces too much gluten development, which makes a tough, chewy pancake. Kids can note the difference between smooth



cream and lumpy biscuits batter — and see the both produce tasty results.

Our third pancake teaches kids another technique: slinging. The first two are made

on a griddle or in a skillet, but the third Apple Pancake, as the name implies, comes out of the oven. The batter is quite easy to mix up, yet produces impressive results — delicious, billowing and puffed that even adults and adults at the table.

Nonstick surfaces go with pancakes like with pancakes go with syrup. There's no need for extra butter or oil for cooking, and as long as the pancakes are ready to be flipped, there's a problem with sticking. Plus, cleanup is a breeze — something that should appeal to you and your kids as treating.

PANCAKE PRIMER

For best results: treat your first pancake as a test and adjust cooking temperatures and times as needed on the remaining pancakes.

Pancakes are best (pancake immediately) but they can also sit on a foil-lined rimmed baking sheet at a 200°F oven for up to 30 minutes. Let lower pancakes cool for 10 minutes between sheets of waxed paper and stored in reusable plastic bags.

Cooking with Kids

CONJUGAL PANCAKES

SERVES 4 (ABOUT 16 1/2-INCH-PANCAKES)
ACTIVE TIME: 10 MINUTES
TOTAL TIME: 30 MINUTES

These gluten-free pancakes aren't just great breakfast fare — for an unconventional version, omit the sugar and serve with scrambled eggs and butter for a quick, easy dinner. *Wig* (below) provides another cooked-but-dogs-for-an-instant "conjugal dog."

- ½ cup yellow cornmeal
- ½ cup brown rice flour
- 1 tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- 3 Tbsp sugar (optional)
- 1 egg (2 percent milk or soy milk)
- 2 large eggs
- ¼ cup vanilla oil

- 1 In a medium mixing bowl, whisk together conjugal rice flour, baking powder, baking soda, and salt.
- 2 In a separate bowl, stir sugar if using, mix milk, then whisk in eggs and thoroughly combined. Stir in oil.
- 3 Pour milk mixture into dry ingredients and whisk until completely smooth.
- 4 Heat a nonstick electric griddle to 350°F or a nonstick skillet over medium heat. Test for readiness by sprinkling a few drops of water on heated surface. They should sizzle and evaporate in seconds. Spray surface with cooking oil if desired.
- 5 Use a ½-cup measure to pour batter into griddle. Batter may be thick — also use back of measuring cup to spread it on griddle to about 4 inches in size. Sprinkle on add-ins (see "Powered-Up Pancakes" on right) if using. Cook for approximately 1 to 3 minutes. Uncooked surfaces should be bubbly all over. Flip pancakes and cook other sides for 1 to 3 minutes. Serve immediately. If you prefer to serve all pancakes in one place on a flat, lined baking sheet and keep warm in a low oven (200°F) and ready to serve, flip over pancakes on the bottom, then reheat for 10 seconds in the microwave.

What Kids Can Do

Measure and mix ingredients.



PHOTO: JENNIFER L. COOPER

Click & hold rice, pour batter into griddle.
Sprinkle on add-ins.
Click & hold rice. Flip pancakes.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
(PER PANCAKE): TWO CARBOHYDRATES, 100 PROTEIN,
150 FAT (20 CARBOHYDRATES, 100 PROTEIN, 150 CARBOHYDRATES,
2000 CALORIES) (2 PANCAKES)

CLASSIC BUTTERMILK PANCAKES

SERVES 4 (ABOUT 16 1/2-INCH-PANCAKES)
ACTIVE TIME: 10 MINUTES
TOTAL TIME: 20 MINUTES

These soft, fluffy pancakes are what family food memories are all about. If there's no buttermilk on hand, mix 1 Tbsp lemon juice or white vinegar into 3 cups milk and let sit for 5 minutes before using. Note that some nonstick surfaces work better with a little help from cooking oil spray. Use as needed.

- 2 cups all-purpose flour
- 1 tsp baking powder

- ½ tsp baking soda
- 1 tsp salt
- 3 Tbsp sugar
- 2 cups buttermilk or low-fat buttermilk
- 2 eggs
- ¼ cup unsalted butter (½ stick), melted

POWERED-UP PANCAKES

If a usually hard-to-satisfy child has extra pancakes when they're first poured onto the griddle, rather than adding them by the handful to the batter, so that every pancake gets a uniform amount of extra fat and sugar for each pancake:

- 10 frozen blueberries
- 8 frozen raspberries
- 8 slices of banana
- 1 Tbsp finely diced apple
- 1 Tbsp white chocolate chips
- 1 Tbsp chopped nuts, such as almonds, walnuts, or pecans
- 5 pieces dried sausage
- 1 Tbsp shredded cheddar or mozzarella. Cook rice too.

1 In a large mixing bowl, whisk together flour, baking powder, baking soda, and salt.
2 In a separate bowl, stir sugar and butter until, then whisk in eggs until thoroughly combined.

3 Pour batter into greased and floured batter into dry ingredients. Stir with a wooden spoon until you combined approximately 12 to 15 inches. Batter should look lumpy. Let batter rest for 5 minutes.

4 Heat a nonstick skillet on medium-high heat. Add 2 to 3 minutes, test skillet for readiness by sprinkling a few drops of water on heated surface; they should sizzle and evaporate on contact. Spray surface with cooking oil if desired.

5 Using a ½ cup measure, scoop batter and pour it into griddle. Add mixture if using (see "Powerful Up Pancakes" on page 44). Cook for 2 to 4 minutes, or until no cooked surfaces are covered with bubbles. Flip pancakes and cook other side for 1 to 2 minutes. Serve immediately. If you prefer to serve all pancakes at once, place on a full-sized baking sheet and keep warm in

a low oven (100°F) until ready to serve. Leftover pancakes can be frozen; thaw at room for 10 minutes on the microwave.

What This Can Do

• Measure and mix ingredients (useful for no-measure)

• Older kids can pour batter into griddle

• Sprinkle mix into mix

• Older kids can flip pancakes

APPROXIMATE NUTRITIONAL VALUES PER SERVING
480 CALORIES, 16G CARBOHYDRATE, 14G PROTEIN,
15G FAT, 6G FIBER, 10G CHOLESTEROL,
1.5MG SODIUM, 100MG

BAKED APPLE PANCAKE

SERVES 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 45 MINUTES

This cinnamon breakfast dish not only tastes good, but also makes your kitchen smell delicious. You can experiment with other fruits as a cereal top for variations.

Note: If you don't have an orange peel, substitute lemon. Then transfer them to a 12-inch pan you lightly greased with cooking spray.

3 Gravy (apple, apple, protein, cream) and about 100g

1 Top: brown rice

1/2 cup light brown sugar

1/2 cup 2 (medium)

1/2 cup 2 (medium)

1/2 cup 2 (medium)

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Pancake for Diana Perrelli is a French-based food writer and recipe developer.





A Sweet Treat

If you're a wine lover, you probably enjoy dessert wine. You probably also happen to buy it, especially if you're busy planning a big meal for a dinner party, because almost everyone loves to finish a meal with a special wine. The guest who arrives with an attractive bottle of dessert wine is loved because she's brought home to you make an occasion of the evening.

Dessert wines include a wide variety of sweet vinegars served with or as dessert, at the end of a meal. Examples include Port & Sauternes (see below), Riesling, Tokaji, Moscatel, Pinot, and even Madeira. For Wine, another terrific dessert wine is made from grapes that were harvested while still heavy on the vine.

Much of the time, especially in Europe, people drink dessert wine instead of having dessert. Or else, as with Port, they served with very blue cheeses after the meal.

To pair wine with dessert, remember two things: serve a wine a food that's less sweet than the wine, and match darker dessert wines with heavier desserts. For example, Sauternes goes well with a fruit pie or a lemon pound cake. Port or Canale's French Port Regale — a wine always available at Harlan's — complements dark chocolate. (But note that a dry red wine never pairs well with a sweet chocolate.)

Dessert wines make terrific gifts, too. They come in small, attractive bottles and are often affordably priced. Why not stock up? Look for high-quality dessert wines in the Leland & Leland bins of our store and take home a couple for the next dinner party — in your house or someone else's.

— Anne Regal with contributions from
Tom Harlan, Leland's Fine Wine Buyer



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